Little Lotus Buds

BREATHE · MOVE · GROW · BE WELL

# Ocean Breath

## Ride the waves



*In... and out...*
*like the ocean.* ♡

# Little Lotus Buds

BREATHE • MOVE • GROW • BE WELL

## How to Practice

1. Raise your arms as you breathe in.
2. Lower them slowly as you breathe out.
3. Imagine the gentle rise and fall of ocean waves.

### Try It...

Make three slow waves with your arms.

### Mindful Moment

How do your waves make you feel?

Breathe gently. Stop if you feel uncomfortable.